

**Ram Lal Anand College**  
**Yoga and Meditation Committee**  
**Event Report**  
**(Session 2021-22)**

**750 Million Surya Namaskar Online Celebration Inspires Unity during COVID Lockdown**  
12th January to 7th February 2022

**NAME OF THE EVENT:** 750 Million Surya Namaskar Online Celebration Inspires Unity during COVID Lockdown

**NATURE OF THE EVENT:** Online Yoga

**DATE AND DURATION:** 12th January to 7th February 2022, Daily 7:30-8:30am

**VENUE:** Zoom Platform

**NUMBER OF PARTICIPATING STUDENTS:** 50+ participants

**BRIEF SUMMARY OF THE EVENT:**

Amidst the challenges of the COVID-19 pandemic and in commemoration of India's 75th year of independence, Ram Lal Anand College, a renowned institution under Delhi University, organized a remarkable online celebration as part of the 'Azadi ka Amrut Mahotsav' initiative. From 12th January to 7th February 2022, the college conducted an event that united participants virtually to perform an astounding 750 million Surya Namaskar, an ancient yoga practice dedicated to the Sun God. The online format allowed individuals to join from their homes, fostering a sense of national pride, wellness, and unity during the lockdown.

Highlights of the Online Celebration during COVID Lockdown:

- 1) Adapting to the Pandemic- The COVID-19 pandemic presented unprecedented challenges, including restrictions on gatherings and public events. However, Ram Lal Anand College demonstrated resilience by adapting the 'Azadi ka Amrut Mahotsav' celebration to an online format. This allowed them to prioritize the safety and well-being of participants while continuing the spirit of the event.
- 2) Encouraging Wellness during Lockdown-The online celebration aimed to promote physical fitness and mental well-being during the COVID lockdown. Surya Namaskar, being a holistic yoga practice, offered participants an opportunity to stay active, reduce stress, and maintain a healthy lifestyle despite the limitations posed by the pandemic.
- 3) Virtual Guidance and Instructions- Experienced yoga instructors and experts conducted live virtual sessions to guide participants through the 12 postures of Surya Namaskar. These instructors adapted their teaching methodologies to cater to the online audience, ensuring that everyone could follow the routines with ease.

- 4) Inclusivity and Participation-The virtual format of the event made it accessible to people across India and even from other countries. Participants of all ages, backgrounds, and physical abilities were encouraged to join, fostering a sense of inclusivity and unity during a time when physical gatherings were restricted.
- 5) Spreading Positivity and Patriotism- At a time when the world was grappling with the pandemic's challenges, the online celebration served as a beacon of hope and positivity. Speakers and organizers emphasized the importance of preserving India's independence and promoting unity to overcome collective challenges.

Ram Lal Anand College's 'Azadi ka Amrut Mahotsav' online celebration, featuring 750 million Surya Namaskar, stood as a testament to resilience and adaptability during the COVID-19 lockdown. The event united individuals from different corners of the country and beyond, fostering a spirit of patriotism, wellness, and togetherness despite the physical distance. By encouraging physical fitness and mental well-being during trying times, the college showcased its commitment to the nation's welfare and its values. This extraordinary online celebration will be remembered as a significant milestone in commemorating 75 years of India's independence amidst the challenging circumstances posed by the pandemic.

**RAM LAL ANAND COLLEGE**  
University of Delhi  
**Yoga and Meditation Society**  
Invites you all to  
750 Million Surya Namaskar  
to celebrate  
75 years of Independence  
as "Azadi ka Amrut Mahotsav" and 75 crore  
Suryanamaskar project

12th Jan- 7th Feb,  
2022  
7:30-8:30am

Click to Join

Ms. Shikha Verma  
Co-Convenor, Yoga and Meditation  
Society

Dr. Seema Gupta  
Convenor, Yoga and Meditation  
Society

Prof. Rakesh Kumar Gupta  
Principal